

Vermont

Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases (Web site under development)

<p>The Epidemic</p> <p>56% of Vermont adults are overweight or obese. (CDC BRFSS, 2002)</p> <p>The obesity rate for Vermont adults rose By 77% from 1990 to 2002) (CDC BRFSS, 2002)</p> <p>26% of Vermont high school students are overweight or at risk of becoming overweight. (CDC YRBSS, 2003)</p> <p>29% of low-income children between 2 and 5 years of age in Vermont are overweight or at risk of becoming overweight. (CDC PedNSS, 2002)</p>	<p>Program Priorities</p> <p>The Vermont Department of Health adopted the following objectives for the prevention of obesity in 2001:</p> <ul style="list-style-type: none">➤ Increase the percentage of adults who engage in regular physical activity.➤ Increase the percentage of middle schools and junior high schools that require daily physical education for all students.➤ Reduce the percentage of youth who are overweight or at risk for overweight.➤ Increase the percentage of people who eat at least two daily servings of fruit.➤ Increase the percentage of people who eat at least three daily servings of vegetables.➤ Reduce the percentage of adults who are overweight.➤ Reduce the percentage of adults who are obese.
<p>Partners</p> <p>The Vermont Department of Health is in the process of identifying and recruiting potential public and private sector partners. The state has a number of existing coalitions dealing with health issues that will serve as models for the obesity prevention coalition and as resources for identifying and recruiting partners.</p>	<p>Upcoming Events and Products</p> <ul style="list-style-type: none">➤ Formation of a coordinating council for the obesity prevention program➤ A burden of obesity report➤ A comprehensive inventory of current strategies and program related to obesity➤ An obesity monitoring and surveillance plan➤ Criteria for prioritizing and selecting interventions <p>Project Period: 2004-2008 Year First Funded: 2004 Funding Stage: Capacity Building Contact Person: Susan Coburn, RD Interim Program Coordinator Vermont Department of Health Telephone: 802-951-5151 Fax: 802-651-1634 E-mail: scoburn@vdh.state.vt.us</p>

